

# Senior Fitness Club

## North Brunswick Senior Center

15 Linwood Place 732-418-2222

- **Mondays**

11:30 a.m. – 12:15 p.m. Chair Yoga with Jaclyn

12:20 p.m.-12:50 p.m. Zumba Toning with Millie

- **Tuesdays**

9:30 a.m. – 10 a.m. Zumba with Millie

10:30 a.m.- 12 p.m. Walking Club

- **Wednesdays**

9:30 a.m.- 10:30 a.m. Line Dancing with Betty

11 a.m. – 11:45 a.m. Strength Training/Tai Chi with Donna

- **Thursdays**

11 a.m.-11:45 a.m. Chair Yoga with Donna

- **Fridays**

9:30 a.m. – 10 a.m. Zumba with Millie

11 a.m. – 11:30 a.m. Strength and Cardio with Jaclyn